



BY THE GOVERNOR OF THE STATE OF GEORGIA

A PROCLAMATION NUTRITION MONTH

- WHEREAS: Food is the substance by which life is sustained. The type, quality, and amount of food that an individual consumes in a day often plays a vital role in his or her overall health and wellness; and
- WHEREAS: Continuing education on nutrition is important to enhance healthy eating practices among both adults and children; and
- WHEREAS: By eating healthy foods and preparing meals ahead of time, community members can help food go further and reduce food loss and waste; and
- WHEREAS: Making healthy food choices, along with regular exercise, can significantly improve an individual's mental, emotional, and physical well-being; and
- WHEREAS: During the month of March, organizations including the Academy of Nutrition and Dietetics come together to celebrate National Nutrition Month and raise awareness of proper nutrition. The 2018 theme – "Go Further with Food" – promotes the benefits of healthy eating and physical activity while encouraging the reduction of food waste; now
- THEREFORE: I, NATHAN DEAL, Governor of the State of Georgia, do hereby proclaim March 2018 as NUTRITION MONTH in Georgia and encourage Georgia citizens to develop healthy eating and physical activity habits.

In witness thereof, I have hereunto set my hand and caused the Seal of the Executive Department to be affixed this 5th day of February in the year of our Lord two thousand eighteen.



Nathan Deal
GOVERNOR

ATTEST

Chris W. Riley
CHIEF OF STAFF